


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li> Presentation</li> <li> Support Group</li> <li> Hands-On Kid Activity</li> <li> Cooking Demo</li> <li> Virtual Store Tour</li> <li> Movement Demonstration</li> </ul>	<p>Learn something new with our <b>FREE Virtual Nutrition Events!</b></p>  <p>Led by registered dietitians, we offer fun &amp; educational events for the whole family. For full event descriptions &amp; to register, Scan this QR Code or visit <a href="http://bigy.com/be-well">bigy.com/be-well</a></p>			<p><b>Living with Diabetes</b>  1</p> <p>9:00 - 10:00 AM OR 6:30 - 7:30 PM</p>	<p><b>Tea Time</b>  2</p> <p>9:00 - 10:00 AM</p> <p><b>Lunch &amp; Learn: All About Peppers</b> </p> <p>12:00 - 12:30 PM</p>	<p><b>Let's Get Cooking: Celebrating National Rotisserie Chicken Day</b>  3</p> <p>12:00 - 1:00 PM</p>
4	<p><b>Don't Ditch the Dairy</b>  5</p> <p>6:30 - 7:30 PM</p>	<p><b>Gluten-Free Living</b>  6</p> <p>9:00 - 10:00 AM</p>	<p><b>Lunch &amp; Learn: All About Cherries</b>  7</p> <p>12:00 - 12:30 PM</p> <p><b>Fiber Fundamentals</b> </p> <p>6:00 - 7:00 PM</p> <p><b>Gluten-Free Living</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Eating Behavior Management Series</b>  8</p> <p>4:00 - 5:00 PM</p> <p><b>Let's Get Cooking: Yogurt Dips &amp; Desserts</b> </p> <p>6:00 - 7:00 PM</p>	<p><b>Food and Mood</b>  9</p> <p>12:00 - 1:00 PM</p>	10
11	<p><b>Nutrition Family Feud</b>  12</p> <p>6:30 - 7:30 PM</p>	<p><b>Heart-Healthy Cooking Tips</b>  13</p> <p>9:00 - 10:00 AM</p>	<p><b>Lunch &amp; Learn: All About Beets</b>  14</p> <p>12:00 - 12:30 PM</p> <p><b>Nutrition to Support Men's Health</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Fiber Fundamentals</b>  15</p> <p>10:00 - 11:00 AM</p> <p><b>Heart-Healthy Cooking Tips</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Eat the Rainbow</b>  16</p> <p>9:00 - 10:00 AM</p> <p><b>Rethink Your Drink</b> </p> <p>12:00 - 1:00 PM</p>	<p><b>Kids Get Cooking: Chewy Walnut Trail Bars</b>  17</p> <p>10:00 - 11:00 AM</p>
18	<p><b>Rethink Your Drink</b>  19</p> <p>6:30 - 7:30 PM</p>	<p><b>Nutrition to Support Men's Health</b>  20</p> <p>10:00 - 11:00 AM</p> <p><b>Eating Behavior Management Series</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Lunch &amp; Learn: All About Summer Squash &amp; Zucchini</b>  21</p> <p>12:00 - 12:30 PM</p> <p><b>Tea Time</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Eat the Rainbow</b>  22</p> <p>6:30 - 7:30 PM</p>	<p><b>Plant-Based Eating and Meal Planning</b>  23</p> <p>10:00 - 11:00 AM</p> <p><b>I Can See Clearly Now: Foods for Eye Health</b> </p> <p>12:00 - 1:00 PM</p>	24
<p><b>Lunch &amp; Learn: All About Summer Peaches</b>  25</p> <p>12:00 - 12:30 PM</p>	<p><b>Spring into Summer Fun &amp; Fitness</b>  26</p> <p>7:15 - 8:15 PM</p>	<p><b>Eating for Healthy Skin</b>  27</p> <p>9:00 - 10:00 AM</p> <p><b>Kids Get Cooking: Vanilla Berry Frozen Yogurt Bark</b> </p> <p>10:00 - 11:00 AM</p>	<p><b>Nutrition Wheel of Fortune</b>  28</p> <p>12:00 - 1:00 PM</p> <p><b>Eating for Healthy Skin</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Eating Behavior Management Series</b>  29</p> <p>4:00 - 5:00 PM</p> <p><b>Plant-Based Eating and Meal Planning</b> </p> <p>6:30 - 7:30 PM</p>	<p><b>Don't Ditch the Dairy</b>  30</p> <p>12:00 - 1:00 PM</p>	